


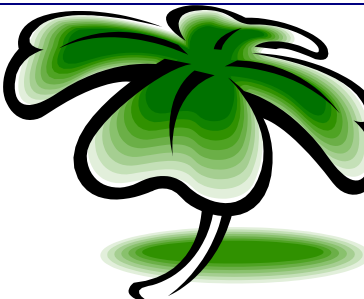




SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE MARCH-2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Chicken Cutlet Parmesan Rotini w/Tomato & Basil Sauce Italian Green Beans Italian Bread Sliced Apples	4	Baked Ham w/Raisin Sauce Baked Potato Peas Dinner Roll Tropical Fruit	5	Six Bean Soup Stuffed Shells w/Marinara Sauce Garden Salad w/Cherry Tomatoes French Dressing Whole Wheat Bread Pineapple Tidbits & Mandarins	6	Grape Juice Veal Piccata Oven Roasted Potatoes Spinach 12-Grain Bread Pound Cake w/Peaches & Whipped Topping	7	Country Style Soup Crabby Cake on Multi –Grain Roll Tater Tots Red/Green Coleslaw w/Shredded Carrots Tartar Sauce Fresh Fruit
10	Swedish Meatballs w/Gravy Over Noodles Cut Green Beans 12-Grain Bread Fruit Cocktail	11	Mariners Chowder Pier-17 Fish Fiesta Rice Beets Rye Bread Fresh Fruit	12	Oven Fried Chicken Baked Beans Corn Cobbette Wheat Dinner Roll Tropical Fruit	13	Vegetable Beef Soup Roast Beef w/Vegetable Gravy Baked Potato Vegetable Medley Whole Wheat Bread Lemon Pudding Tart w/Whipped Topping	14	Macaroni & Cheese Stewed Tomatoes & Zucchini Salad Greens w/Cucumbers & Cherry Tomatoes Raspberry Vinaigrette Dressing Pumpnickel Bread Sliced Peaches & Pears
17	HAPPY ST. PATRICK'S DAY! Orange Juice Corned Beef Cabbage Parlised Baby Carrots Boiled Potatoes Mustard Rye Bread Special Dessert	18	Meatloaf w/Vegetable Gravy Mashed Potatoes Broccoli Cuts Dinner Roll Pears	19	Cranberry Glazed Chicken Quarters Rice Peas & Diced Carrots Oatnut Bread Applesauce	20	Hearty Vegetable Soup Philly Cheese Steak On a Roll Marinated Bean Salad Crackers Fresh Fruit	21	Orange Pineapple Juice Tony's Individual Cheese Pizza Spinach Salad w/Tomatoes /Cucumbers Italian Dressing Baby Carrots Club Roll Pineapple Tidbits & Mandarins
24	Sesame Chicken Rice Pilaf w/Cran-Raisins Brussel Sprouts Wheat Bread Fresh Fruit	25	White Bean & Escarole Soup Barbeque Pork Ribequ Baked Sweet Potato Collard Greens Oatnut Bread Apple Strudel Stick	26	American Chop Suey Broccoli Florets Mixed Salad Greens w/Tiомatoes/Cucumber Raspberry Vinigrette Dressing Whole Grain White Bread Tropical Fruit	27	Turkey Orzo Vegetable Soup Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Peas & Pearl Onions Dinner Roll Peaches & Pears	28	NATIONAL ORANGES & LEMONS DAY! Grape Juice Salmon Boat w/Seafood Sauce White & Brown Rice Capri Blend Vegetables Rye Bread Orange Sherbet
31	Zucchini Tomato Soup Meatloaf Itlain Style Penne w/Marinara Sauce Italian Mixed Vegetables Italian Bread Fruited Gelatin w/Whipped Topping								

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of **age or older and their spouses.**

All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)